

# Roasted Cauliflower & Chickpea Salad

4 SERVINGS 45 MINUTES



## INGREDIENTS

1/2 head Cauliflower  
3 cups Chickpeas  
1/2 cup Sun Dried Tomatoes  
6 cups Butternut Squash (Kent Pumpkin, 250g)  
1 Yellow Onion  
1/4 Garlic (2 Cloves)  
1 tbsp Smoked Paprika  
2 tsps Cumin  
1/2 tsp Cayenne Pepper  
1/4 cup Extra Virgin Olive Oil  
2 tsps Red Wine Vinegar (or White Wine Vinegar)  
2 tsps Dijon Mustard  
1 tsp Cane Sugar  
1 cup Baby Spinach  
1 cup Arugula (Rocket)

## NUTRITION

### AMOUNT PER SERVING

|          |     |             |       |
|----------|-----|-------------|-------|
| Calories | 484 | Iron        | 8mg   |
| Fat      | 18g | Vitamin D   | 0IU   |
| Carbs    | 72g | Folate      | 335µg |
| Fiber    | 18g | Vitamin B12 | 0µg   |
| Sugar    | 18g | Magnesium   | 170mg |
| Protein  | 16g | Zinc        | 3mg   |

## DIRECTIONS

- 01 Preheat oven to 220oC. Line 2 baking trays with baking paper.
- 02 Chop cauliflower into florets, onion into chunks and pumpkin into 3cm chunks. Place vegetables into a large bowl and drizzle well with olive oil.
- 03 Place dry spices into a small bowl and mix (paprika, cumin & cayenne pepper). Sprinkle the spice over the vegetables and mix well with hands, so all is coated in the oil and spice mix.
- 04 Place vegetables evenly across the two trays and bake for 30 minutes.
- 05 Make the dressing by whisking together 1/4 cup of olive oil, Dijon mustard, vinegar and sugar. Set aside.
- 06 Heat a frying pan with a drizzle of olive oil and add the chickpeas. Cook over high heat, stirring, for around 4 minutes or until crisp. Add crushed garlic and cook for a further minute. Season with salt and pepper.
- 07 Place rocket and spinach into a large bowl. Add cooked chickpeas and vegetables from the oven. Add the Sun dried tomatoes. Add the dressing, mix well and Serve.

## NOTES

### PRE-COOK AND FREEZE CHICKPEAS

To avoid ingestion of aluminium from canned foods, it is always preferable to use chickpeas and beans that you have soaked and cooked yourself. Cook them in large batches and then freeze them in smaller containers.

### OPTIONAL EXTRA

You may wish to serve this warm salad with a dollop of hommus and some falafel, to add a little more protein to your meal.